

School Health Promotion Morning Announcements

JANUARY: Get Enough Sleep



Two-Student Dialogue:

[Start speaking here.]

Student #1: (snoring sounds)

Student #2: Hey wake up! You are drooling on your desk!

Student #1: Wha...? Oh no! I fell asleep again?

Student #2: Why are you so tired?

Student #1: I was up late playing my favorite video game. It's okay – I have a Coke in my lunch. That'll wake me up.

Student #2: Yeah – and all that caffeine will keep you up all night again. I used to be like you, but my mom and I made a deal for New Year's: If I start getting 9-10 hours of sleep a night, she'll let me ride my bike to my friend's house after school – by myself.

Student #1: Sweet! But isn't it annoying to have to go to bed so early?

Student #2: At first it was, but I actually like it now. I haven't dozed off in class for a week and I aced that test the other day.

Student #1: Actually, I don't feel so good right now. I think I'm getting a cold!

Student #2: Yeah – mom says sleep actually keeps you healthy too. Hey – maybe you can make a deal with *your* mom and we can ride our bikes together!

Student #1: Yeah! I'll give it a try!

###

